

SEVEN BRIDGES THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:00am						CLOSED		5:00am			
5:30am								5:30am			
6:00am								6:00am			
6:30am	OPEN 5am- 9:30am	OPEN 5am- 8:30am	OPEN 5am- 9:30am	OPEN 5am- 8:30am	OPEN 5am- 9:30am			OPEN 6am- 10:15am	OPEN 6am-9:15am	6:30am	
7:00am										7:00am	
7:30am										7:30am	
8:00am										8:00am	
8:30am		AQUATONIC		HYDRO FITNESS						8:30am	
9:00am		AQUATONIC		HYDRO FITNESS					9:15 HYDRO PUMP	9:00am	
9:30am	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS		HYDRO PUMP	9:30am			
10:00am	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	ARTHRITIS	10:15 STRETCH n TONE	HYDRO PUMP 10:15	10:00am			
10:30am	PARK/ARTH	FIBRO/ARTH	PARK/ARTH	FIBRO/ARTH	PARK/ARTH			10:30am			
11:00am	PARK/ARTH	FIBRO/ARTH	PARK/ARTH	FIBRO/ARTH	PARK/ARTH			11:00am			
11:30am	AQUA MOVES	AI CHI	AQUA MOVES	AI CHI	AQUA MOVES			11:30am			
12:00pm	AQUA MOVES	ARTHRITIS	AQUA MOVES	ARTHRITIS	AQUA MOVES			12:00pm			
12:30pm	STRETCH n TONE	ARTHRITIS	STRETCH n TONE	ARTHRITIS	YOQUA/STRETCH			12:30pm			
1:00pm								1:00pm			
1:30pm	OPEN 1pm - 5:30pm	OPEN 1:00pm- 3:30pm	OPEN 1:00pm- 5:30pm	OPEN 1:00pm- 3:30pm	OPEN 1pm- 5:30pm	OPEN 10:45am- 6pm	OPEN 10:15am - 6pm	1:30pm			
2:00pm								2:00pm			
2:30pm								2:30pm			
3:00pm										3:00pm	
3:30pm			H2O HEALTHY AND FIT		H2O HEALTHY AND FIT						3:30pm
4:00pm			H2O HEALTHY AND FIT		H2O HEALTHY AND FIT						4:00pm
4:30pm			OPEN 4:30-5:00pm		OPEN 4:30-5:00pm						4:30pm
5:00pm			WWS/ARTHRITIS		WWS/ARTHRITIS						5:00pm
5:30pm		WARM WATER	WWS/ARTHRITIS	WARM WATER	WWS/ARTHRITIS			WARM WATER			5:30pm
6:00pm	SAMPLER	AQUA FUNC FIT	SAMPLER	AQUA FUNC FIT	SAMPLER			6:00pm			
6:30pm	H2O HEALTHY AND FIT	AQUA FUNC FIT	H2O HEALTHY AND FIT	AQUA FUNC FIT	OPEN 6:30 -10pm	CLOSED at 6pm		6:30pm			
7:00pm	H2O HEALTHY AND FIT	LOW BACK	H2O HEALTHY AND FIT	LOW BACK				6:30pm			
7:30pm		LOW BACK		LOW BACK				7:00pm			
8:00pm	OPEN 7:30-10:00pm	OPEN 8:00 - 10:00pm	OPEN 7:30-10:00pm	OPEN 8:00 - 10:00pm				7:30pm			
8:30pm										8:00pm	
9:00pm										8:30pm	
9:30pm								9:00pm			
								9:30pm			

January 2 - June 2, 2024

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